

## Mount Sinai Orthopaedic Surgeons Develop Home Rehabilitation Series On Dvd

A first-of-its-kind, at home physician-guided physical therapy DVD series from BodyWorksMD™ has been introduced by two well respected orthopaedic surgeons from New York City. Volume One of the series entitled “The Knee” features simple and effective injury prevention and rehab techniques for the knee developed by Dr. Mark Klion and Dr. James Capozzi of the Mount Sinai School of Medicine Department of Orthopaedics.

The DVD helps patients recover from their injuries by showing a variety of routines and advice demonstrated by Dr. Klion who is a board-certified orthopaedic surgeon as well as an accomplished marathon and triathlon competitor. Developed together with Dr. Klion’s colleague, Dr. James Capozzi, the series is designed to help people with their physical therapy who would otherwise not have the time for a traditional PT program.

“The Knee” DVD helps to rehab a wide variety of common afflictions including meniscal injuries, ligament injuries, overuse, running injuries, tendonitis and arthritis.

Begin with the self-assessment section to determine your level of therapy. Learn the specific exercises in the techniques section. As your knee improves, the program allows you to progress to higher levels of stretching and exercise. BodyWorksMD guides you through many of the same routines used by physical therapists.

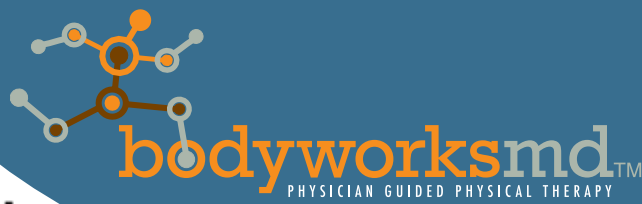
“This series is truly revolutionary in that it appeals to people who need treatment for injuries but are too busy to attend the typical treatment sessions,” remarked Dr. Klion. “With these DVD volumes, we are bringing the therapy home to your home.”

“There are so many factors that contribute to a person not getting the necessary rehabilitation they need to recover from injuries,” commented Dr. Capozzi. “For even those with the most demanding of schedules, this series allows patients to rehab on their own time and in their own space.”

The concept of “No Pain, No Gain” does not apply to the BodyworksMD DVD series but rather, it helps you to understand the injury and help to begin the process of healing. BodyWorks MD’s “The Knee” is a 30 minute, physician-guided rehabilitation program that will increase flexibility and strength in the knee. The program is designed for use 3 to 4 times per week in the convenience of a person’s own home.

The BodyWorksMD series was developed by board certified orthopaedic surgeons, Dr. Mark Klion and Dr. James Capozzi of the Mount Sinai Department of Orthopaedics in New York City in collaboration with certified physical therapist Paul Larosa. BodyWorksMD also includes a bonus section on knee anatomy and the treatment of common knee injuries featuring former pro-triathlete and top international coach, Troy Jacobson. Volume One – “The Knee” is now available online at [www.Spinervals.com](http://www.Spinervals.com) or by calling (212) 289-0700.

The BodyWorksMD series will offer a full range of DVDs designed to provide a physical rehabilitation program for common orthopaedic and sports related injuries. Future titles in the series will include Volume Two – “The



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Shoulder” and Volume Three – “The Back”. Dr. Mark Klion hosts the series, leading viewers through easy to follow exercise routines that can be done in the comfort of one’s own home.

The Department of Orthopaedics at The Mount Sinai Medical Center is committed to the treatment and prevention of physical handicaps in all patients, the furthering of orthopaedic knowledge through research, and to the teaching of medical students and orthopaedic residents. The entire staff is deeply involved in the accomplishment of these goals.

For further information or to arrange an interview or exercise demonstration with Dr. Mark Klion and Dr. James Capozzi or to reach other members of the Department of Orthopaedics at Mount Sinai specializing in joint replacement as well as hip and knee replacement, shoulder surgery, spinal surgery, hand and upper extremity repair, and foot and ankle surgery please call (212) 843-8073 or email [amazur@rubensteinpr.com](mailto:amazur@rubensteinpr.com)